

# HEALTH

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## Test Your Knowledge About Colorectal Cancer Screening

If you think the answer is true or mostly true, answer true. If you think the answer is false or mostly false, answer false. Answers appear below.

1. Colorectal cancer is predominantly a "man's disease", affecting many more men than women annually.
2. Only women over the age of 50 who are currently experiencing some symptoms or problems should be screened for colorectal cancer or polyps.
3. A colonoscopy-screening exam typically requires an overnight stay in a hospital.
4. Tests used for screening for colon cancer include digital rectal exam, stool blood test, barium enema, flexible sigmoidoscopy, and colonoscopy.
5. Colon cancer is often preventable.

### Answers

1. **False** - Colorectal cancer affects an equal number of men and women. Many women, however, think of CRC as a disease only affecting men and may be unaware of important information about screening and preventing colorectal cancer (CRC) that could save their lives, says the American Society for Gastrointestinal Endoscopy.
2. **False** - Beginning at age 50, all men and women should be screened for colorectal cancer. Even if there are no problems or symptoms. You should begin screening earlier if you have a personal or family history of colorectal cancer, polyps, rectal bleeding or long-standing inflammatory bowel disease such as ulcerative colitis.
3. **False** - Colonoscopy is almost always done on an outpatient basis. A mild sedative is usually given before the procedure and then a flexible, slender tube is inserted into the rectum to look inside the colon. The test is safe and the procedure itself typically takes less than 30 minutes.
4. **True** - These are the five different tests used for screening for colorectal cancer even before there are symptoms. Talk to your healthcare provider about which test is best for you.
5. **True** - Colorectal cancer is highly preventable. Screening tests such as colonoscopy and flexible sigmoidoscopy may detect polyps (small, grape like growths on the lining of the colon). Removal of these polyps can prevent colorectal cancer from developing.

